

Nutrition Fitness Challenges:

FACT

Carbohydrates are...

- Foods that provide the brain and body with most of the energy it needs.

Challenge:

Foods from the grain group contain carbohydrates. At least 50% of the grains we eat should be whole grains. Do 50 jumping jacks. Then, rotate to the next challenge.

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Your diet is...

- All of the foods that you usually eat.

Challenge:

A healthy meal should include foods from these 5 groups: fruits, vegetables, grains, protein, and dairy. Do 5 push-ups while naming each group. Then, rotate to the next challenge.

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Fiber is...

- The part of vegetables, fruits, and grains that the body cannot digest. A diet high in fiber is important for a healthy digestive tract.

Challenge:

The American Heart Association recommends that school-aged children eat 25-31 grams of fiber every day. Do 31 arm circles. Then, rotate to the next challenge.

Nutrition Fitness Challenges:

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Vitamins are...

- Substances that are needed to keep the body healthy and working normally. People get most of their vitamins from food.

Challenge:

B vitamins give the body energy. There are 8 different B vitamins. Do 8 wall push-ups. Then, rotate to the next challenge.

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Nutrients are...

- The things in foods that your body needs to stay healthy.

Challenge:

Apples are filled with nutrients, including water, carbohydrates and vitamins. It is said, “an apple a day keeps the doctor away.” Do 7 jumping jacks for the 7 days of the week. Then, rotate to the next challenge.

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Junk food is...

- Food that gives you a lot of empty calories, but very few (if any) things your body needs to stay healthy.

Challenge:

Junk food is often high in 3 things: fat, sugar, and or salt. Do 3 curl-ups. Then, rotate to the next challenge.

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Protein is...

- A substance that is found in animals products and some plant products. Protein is a nutrient that your muscles need to grow.

Challenge:

Protein provides 4 Calories per gram. Do 4 push-ups. Then, rotate to the next challenge.

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A snack is...

- A small meal eaten in between large meals.

Challenge:

You need healthy energy throughout the day. Pick snacks that help you feel good and stay balanced. Name 6 healthy snack choices while you balance on 1 foot. Then, rotate to the next challenge.

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Fat is...

- A high-energy nutrient. Some fat is needed in a healthy diet, but too much fat can cause health problems.

Challenge:

Fat provides 9 calories per gram. Jog in place for 9 seconds. Then, rotate to the next challenge.

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A fruit is...

- The part of a plant that has seeds. Most fruits that people eat are sweet.

Challenge:

Pumpkins are usually labeled as vegetables, but since they contain seeds they are considered a fruit by plant experts. Hold a push-up position while you name 6 other fruits. Then, rotate to the next challenge.

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Calcium is...

- A mineral that can be found in rocks, shells, and milk. The body uses calcium to build strong bones and teeth. Drink your milk, but don't eat rocks!

Challenge:

ChooseMyPlate.gov says kids should get 3 cups of food from the Dairy Group every day. Do 3 push-ups. Then, rotate to the next challenge.

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Vegetables are...

- A plant or part of a plant that is used for food.

Challenge:

ChooseMyPlate.gov says kids should eat 2 ½ cups of vegetables every day. That would be 3 broccoli spears, 12 baby carrots, and 1 small ear of corn. $3 + 12 + 1 = 16$. Balance on 1 foot for 16 seconds. Then, rotate to the next challenge.

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Potassium is...

- A mineral that is needed for the healthy function of the nerves and heart. Potassium sources include tomatoes, beans, potatoes, orange juice, milk, and bananas.

Challenge:

Jump up as high as you can 10 times, and thank potassium for helping your heart beat by saying, “Thanks Potassium!” Then, rotate to the next challenge.

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Water is...

- The clear liquid that is in rain. People, plants, and animals drink water and need it in order to live.

Challenge:

Although a person can live without food for more than 1 month, a person can only live without water for about 5 days. Do 5 twist jumps. Then, rotate to the next challenge.

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Vitamin C is...

- A substance that helps your body build collagen, which is needed to develop healthy tissue and bone. Vitamin C also helps to heal cuts and wounds.

Challenge:

The recommended intake of Vitamin C for children between the ages of 9-13 is 45 mg. Do 45 arm circles. Then, rotate to the next challenge.

Nutrition Fitness Challenges:

FACT

Breakfast is...

- The meal that starts your day. After a long night of sleeping, your fuel tank is empty. Breakfast is the fuel that gets you going so you can pay attention in school!

Challenge:

When choosing a breakfast cereal, be sure to choose 1 with less than 13 grams of sugar. Do 13 calf raises. Then, rotate to the next challenge.